

The Way of Integra

I can know and I can understand.
I will not be afraid of truth.

There is value in my life
and in my struggles.

If I do not see it now,
then I will soon make it manifest
through my thoughts,
through my choices,
and through my actions.

I will heal my soul when it is
broken,
quenching its thirst for truth,
for beauty,
for meaning,
and for love.

When I have failed,
and when I am wrong,
I will not drown in self-pity,
I will not blame others.
I will learn.
I will strengthen my resolve.
I will do better.

When I am successful,
my pride will be authentic and
earned.
I will not show arrogance,
I will show gratitude.
I will not rest on my laurels.
When I am able,
I will help others along their path.

When I am right,
I will not falter in my steps.
I will affirm who I am,
who I choose to be,
and what I choose to do.
I will honor my own soul,
speak with my voice,
and think with my own mind.

Fueled only by love,
Driven by curiosity and intuition,
Guided only by reason,
with full knowledge of my own self,
I will walk the path
of my chosen purpose
by the road of Virtue
the true way of Happiness.